A message to all our friends

many simple tested recipes

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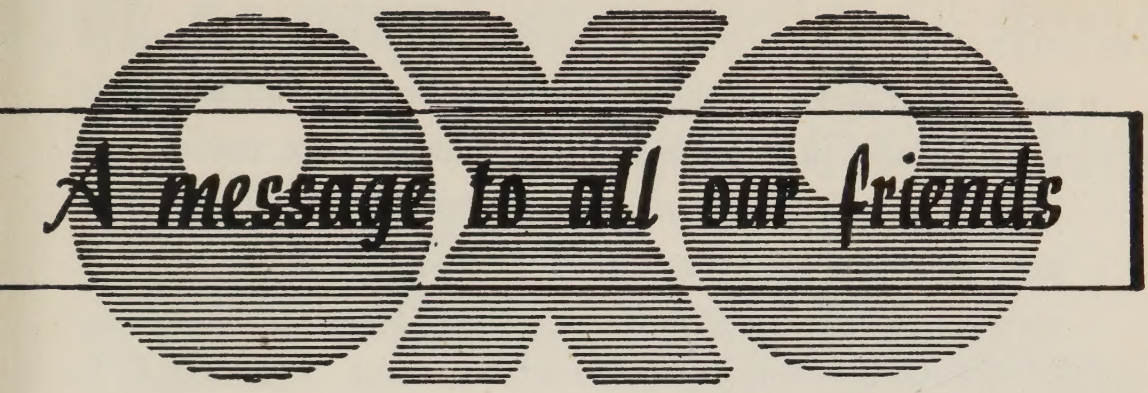


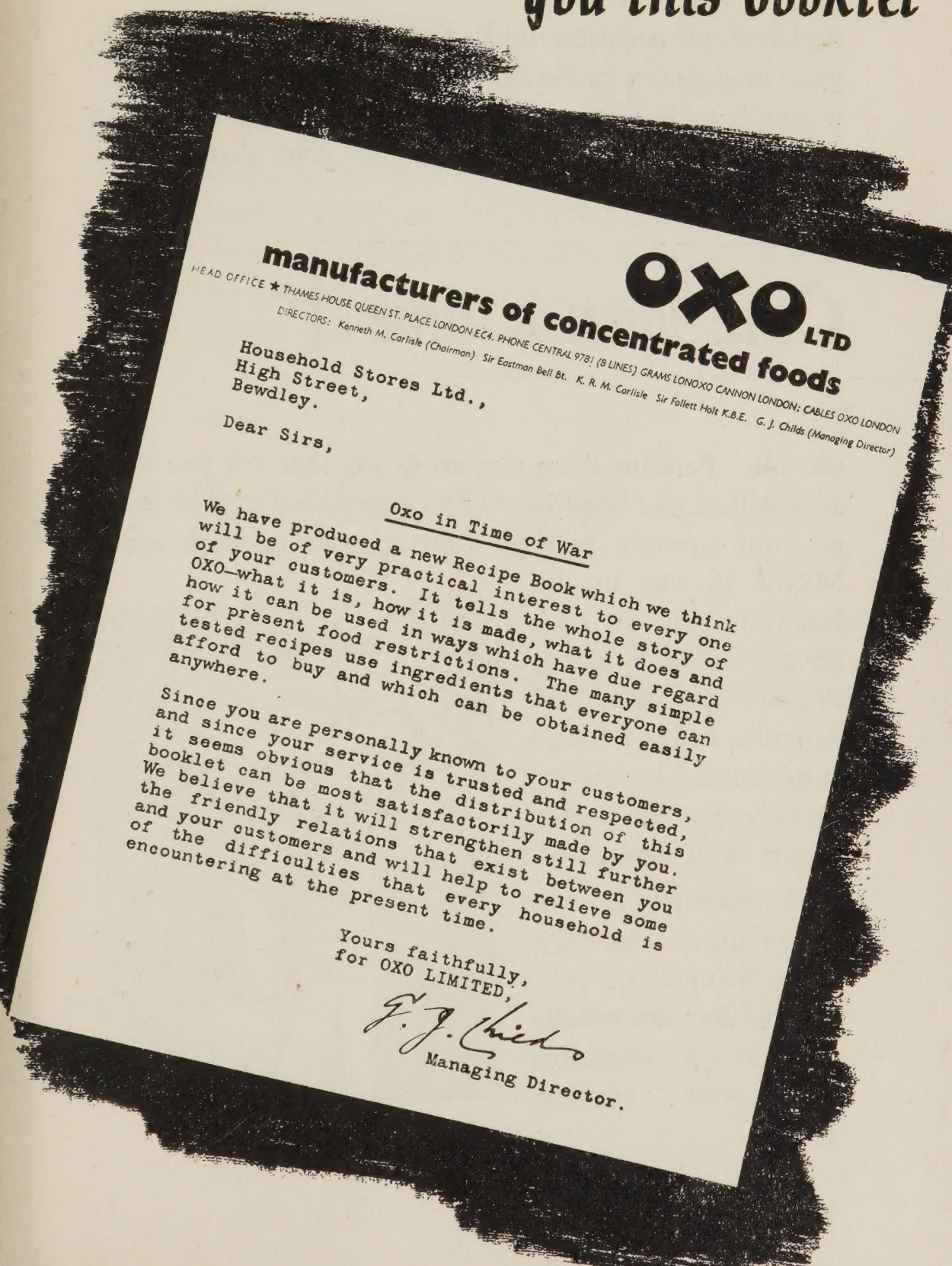
IN TIMES like these we are all anxious to help the country to the best of our ability and to show in some practical form of service our determination to win the war. We cannot all join the fighting forces or the Civil Defence Units, or even be engaged on work of national importance. There are many of us still left carrying on with our normal routine at work and at home—and the question must often arise how we can best do our bit.

There are two ways in which we can help. They are not, perhaps, spectacular in manner, but they are none the less effective in supporting the efforts of the fighting man. First of all, we must do everything we can to economise. Secondly, we must try to keep as fit as possible.

This booklet tells you why OXO is particularly valuable at the present time, and how it helps you with your present problems of food economy. We asked one of the leading

cookery experts in the country to prepare some special recipes for you. These simple, tested recipes make small quantities of meat go a long way, and help you to make good use of foods such as potatoes, which are specially recommended for war-time meals. They employ ingredients which anyone can afford, and which can be obtained easily anywhere. There is a saying that "Old friends are best"; OXO is a friend to countless homes and, as in the last war, can be relied upon to play its part in promoting economy and sustaining good health.

Why we asked your dealer to hand you this booklet



OXO LTD

manufacturers of concentrated foods

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DIRECTORS: Kenneth M. Carlisle (Chairman) Sir Eastman Bell Bt. K. R. M. Carlisle Sir Follett Holt K.B.E. G. J. Childs (Managing Director)

Household Stores Ltd.,
High Street,
Bewdley.

Dear Sirs,

Oxo in Time of War

We have produced a new Recipe Book which we think will be of very practical interest to every one of your customers. It tells the whole story of OXO—what it is, how it is made, what it does and how it can be used in ways which have due regard for present food restrictions. The many simple tested recipes use ingredients that everyone can afford to buy and which can be obtained easily anywhere.

Since you are personally known to your customers, and since your service is trusted and respected, it seems obvious that the distribution of this booklet can be most satisfactorily made by you. We believe that it will strengthen still further the friendly relations that exist between you and your customers and will help to relieve some of the difficulties that every household is encountering at the present time.

Yours faithfully,
for OXO LIMITED,

F. J. Childs

Managing Director.

CAN YOU REMEMBER WHEN YOU WERE FIRST INTRODUCED TO OXO?

Perhaps the occasion takes your memory back over a good many years to the days of hansom cabs and gaslight; it may have been at a party and you were given a cup of hot OXO to send you home in the cold glowing with

Once upon a time

warmth. Perhaps there was an illness that left you weak and listless, and your Doctor recommended OXO to build up your strength and set your appetite to work again. Maybe it was in the last war; you saw OXO advertised as a means of eking out scanty food supplies, and you found it invaluable in helping to keep you and your family well nourished.

And perhaps it was only quite recently, when a friend or your dealer (they are usually the same!) suggested that your children

would not only like it, but benefit by it. Whenever or wherever it was, one thing is pretty certain—that you now regard OXO as a staple requirement in your kitchen, and would no more think of being without it than you would think of being without flour or salt. It will have agreeably surprised you to discover the many different ways OXO is of service; the handy little OXO cube is extraordinarily versatile, ready to

now a part of your larder

help with the ordinary cooking, and always at hand in cases of emergency when a sustaining drink is needed.

What is OXO?

It is a blend of two kinds of concentrated beef, known as extract of beef and desiccated beef. Beef for OXO comes from herds of cattle, over 500,000 in number, which are kept on farms and ranches having an area of thousands of square miles. The animals are tended and cared for as meticulously as thoroughbred racehorses; every possible thing is done to keep them healthy and strong and a vast army of workers is constantly engaged in seeing that they are always in 100 per cent. condition.

Oxo circle grew in peace time

Extract of beef is made in much the same way as you would make ordinary beef tea, but of course on a far vaster scale. Where you would use a saucepan, OXO uses vats each holding 4 tons of beef. The meat fibre and fat are removed, and the liquid left over is distilled away until the water is lost and only a thick syrup is left. This is the extract of beef.

Desiccated beef is made from fresh lean beef. The water is taken away, leaving the valuable substances in the original beef juices which are full of nutriment.

These two kinds of concentrated beef, together with vitamin extract, are then prepared and seasoned. The material is evaporated to a thick paste, which is allowed

to harden. This paste is forced through square dies by specially designed hydraulic presses, from which it emerges in solid rods. You will have noticed that OXO cubes dissolve quickly when you use them. This is because these solid rods are converted into flakes, and then lightly compressed into cubes. The cubes pass on through machines which wrap them and put them into the little red cartons that everyone knows. Each stage of manufacture is controlled by analytical chemists to ensure unvarying high quality.

and expands under present conditions

Now, why is OXO especially valuable to you in war-time? Well, let us consider what it does.

First, the beef extract stimulates the flow of digestive juices and makes sure that you get the maximum nutriment from the food eaten with it. It also promotes heat; a cup of OXO is grand for countering the effects of exposure. OXO makes you glow inside. Secondly, the desiccated beef, being "first-class" protein, builds up muscles and tissues, so it is most important to let growing children have plenty of OXO.

Thirdly, OXO contains Vitamin B, which is an essential

to everyone. This vitamin is often lost by foods in manufacturing processes and cooking. A deficiency of it in diet brings about a poorly nourished condition, which lays one open to all sorts of ailments.

Oxo a daily help with meat rationing

So you see that in an OXO cube you have a food rich in elements necessary to keep you fit and to make children grow up strong and sturdy. Its value is most pronounced in times like these, when the food question affects every household. OXO is cheap enough to be used every day, either in supplementing your existing diet or as a meaty substitute for foods too difficult to get, or too dear to buy.

It has been truly said that a cup of hot OXO never comes amiss. Think of the times during a day when its extra nourishment is valued; at mid-morning for "elevenses"; with milk for the children's lunch; for the office lunch; to go with the small supper when friends drop in; as a sleep-promoting nightcap; for those coming in tired and weary after night work; and at all times to guard against the effects of being out in the cold and damp. Nerves are apt

to get strained in war-time—indeed, this has been called a War of Nerves. OXO is splendid for restoring them; it fortifies you against doubt and depression, and helps you to keep "on top" of things. It is meat and drink to you—a national beverage that does lasting good.

A little meat goes a long way with the help of an OXO cube or two. Inexpensive cuts of meat, meat pieces, and "left-overs" can be used to make up nourishing and appetising dishes; OXO gives the other ingredients that rich, meaty flavour which compensates for the small proportion of meat.

Mixtures of two or more meats will often solve the problem of a meat meal. Small pieces of bacon, ham, veal, pork, mutton, or beef, chopped or minced together and bound with OXO stock, make many an interesting dish.

On "meatless days," eggs, fish, cheese, rabbit and poultry can be substituted. Vegetarian dishes also vary the menu, but with the exception of peas, beans and lentils, which contain a certain proportion of body-building protein, vegetables are not a "substitute" for meat. Vegetables other than those mentioned should be supplemented with cheese, milk or eggs to ensure the necessary protein balance. OXO enriches the flavour and goodness of meatless dishes.

Almost everyone has garden room to grow potatoes; they can often take the place of imported flour —for potato pastry, potato scones,

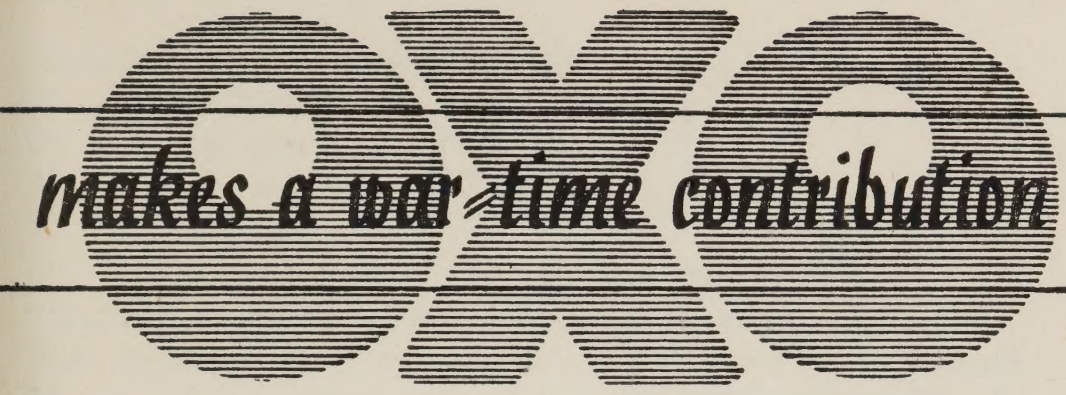
potato crusts instead of pastry crusts for savoury pies, and so on.

Fewer large joints mean less bones for soup stock. OXO cubes dissolved in water make an ideal foundation for delicious soups. Vegetables should be added—beans, peas and lentils in particular increasing the nutritive value.

OXO savoury sandwiches offer a delightful change from "sweet" sandwiches. Make a filling by finely crumbling an OXO cube and blending with margarine; add other ingredients as desired.

HOMELY MEASURE EQUIVALENTS

	Approximately
1 oz. Dripping or Margarine	= 1 dessertspoonful, or piece the size of a small hen's egg.
1 oz. Flour	= 1 rounded tablespoonful.
4 ozs. Flour	= 1 small teacupful.
1 oz. Breadcrumbs	= 2 rounded tablespoonsful.
4 ozs. Rice	= 2/3rds teacupful.
4 ozs. Lentils	= 2/3rds teacupful.
4 ozs. Haricot Beans	= $\frac{3}{4}$ teacupful.
4 ozs. Butter Beans	= $\frac{3}{4}$ teacupful.



There have been many publications issued in the past by the makers of OXO to housewives and to their children. This recipe book is OXO's first "war contribution" to your household. It tells you how to economise and yet maintain—and even increase—health and strength. **The many simple, tested recipes are all thoroughly practical and sensible; there is nothing of the "take-a-pint-of-cream-and-a-dozen-new-laid-eggs" about them. They have been specially prepared for you by one of the leading cookery experts in the country; and all the ingredients can be bought easily and cheaply anywhere.** Anyone can make these recipes with complete success, and even the most experienced cook will find new ideas and suggestions, while everybody will enjoy eating them.

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(Nourishing meals which solve your meat rationing problems.)

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Oxo recipes

1

MEAT AND LENTIL PIE *(6-8 Servings)*

2 OXO cubes
¼ lb. lentils
1 tablespoonful flour
1 lb. stewing meat
10 ozs. pastry
1 cup water
Pepper and salt.

Soak the lentils overnight. Prepare short crust or rough puff pastry. Cut the meat into small pieces and roll them in well-seasoned flour. Place in a pie dish with the drained lentils. Dissolve the OXO cubes in the water and pour over the meat. Cover with pastry rolled ¾ inch thick. Decorate with leaves of pastry, and make a hole for the steam to escape. Bake 10 minutes in a hot oven, reduce heat and cook 2 hours. Replenish with hot OXO stock if necessary.

2

MEAT ROLL *(5-6 Servings)*

2 OXO cubes
¼ lb. brown bread
½ teaspoonful salt
Sauce or relish
1 lb. lean meat
1 onion
Pepper
½ cup water.

Mince the meat, bread and onion together. Add salt, pepper and a dash of sauce. Dissolve the OXO cubes in the water, and with this blend all the ingredients together. Turn on to a floured board, form into a roll and tie in greased paper and a cloth. Boil for 2 hours. Serve hot with tomato sauce. To serve cold, rewrap the roll in clean greaseproof paper and press it between two plates. When quite cold roll in browned crumbs and serve with salad plants.

3

BEEFSTEAK AND VEGETABLE PUDDING *(4 Servings)*

2 OXO cubes
½ lb. suet crust
¼ lb. mixed vegetables, including peas or beans
½ lb. stewing steak
2 teaspoonsful flour
Salt and pepper.

Dissolve the OXO cubes in ½ pint boiling water. Cut steak into thin slices and dip in flour seasoned with salt and pepper. Cut the vegetables into dice. Line a basin with suet crust. Add the meat and vegetables. Pour over the OXO stock and cover with suet crust. Tie up and steam 3 hours.

4

BRAISED SHEEPS' HEARTS *(2 to 4 Servings, depending upon size of hearts)*

1 OXO cube
2 sheeps' hearts
½ cup chopped onion
1 tablespoonful butter or dripping
1½ cups boiling water
1 cup chopped carrot
1 cup chopped celery
Salt and pepper.

Dissolve OXO in boiling water. Trim hearts carefully. Wash well in cold water and dry. Brown hearts in melted fat. Place in a casserole on top of carrot, onion and celery. Add OXO and salt and pepper to taste. Cover and cook in moderate oven until tender—about 1½ hours. Serve with mashed potatoes.

5

BROWN JACK *(3 Servings)*

1 OXO cube
1 lb. potatoes
1 oz. dripping
½ lb. cooked meat
1 small onion
Salt and pepper.

Cut the meat and potatoes into ½-inch dice, and chop the onion. Dissolve the OXO cube in ½ cupful of hot water, melt the dripping in a small frying pan and fry the meat and vegetables until slightly brown. Season with pepper and salt and pour the OXO stock over. Cover, and cook ¾ hour, by which time the under side should have a nice brown crust. Turn on to a hot dish, brown side upwards.

6

COLD MEAT CROQUETTES *(8-10 Croquettes)*

1 OXO cube
¼ lb. butter beans
1 oz. flour
1 teaspoonful chopped parsley
¾ lb. cooked meat
1 oz. dripping
½ pint water
Pepper and salt.

Soak the beans overnight and simmer them in salted water. When cooked, drain thoroughly and mince them with the meat. Add parsley and seasoning. Melt the fat in a saucepan, stir in the flour and lastly the OXO cube dissolved in the water. When thick add the meat and bind well. Turn the mixture on to a plate, spread evenly and allow to cool. Divide into 8 or 10 pieces of equal size, form into rolls, coat with egg and crumbs and fry in very hot fat. Serve with tomato sauce.

7

CORNISH PASTIES *(4 Large Pasties)*

1 OXO cube
¼ lb. potatoes
Mixed herbs
¼ lb. meat
8 ozs. pastry
Salt and pepper
1 small onion.

Make the pastry, divide into 4 portions and roll them into rounds ⅛ inch thick. Cut the meat, potatoes and onion into dice. Season with salt, pepper and herbs. Dissolve the OXO cube in 2 tablespoonsful water and use it to moisten the meat mixture. Divide into 4 portions and place one on each round of pastry. Damp the edge, fold over and seal the edges together. Bake in a moderately hot oven 10 minutes. Reduce heat and cook 1 hour in all.

8

CURRY OF MEAT *(5 Servings)*

1 OXO cube
1 oz. dripping
1 apple or tomato
Heaped tablespoonful ground rice or flour
1 pint cold water
1 onion
1 lb. cooked meat
Heaped tablespoonful curry powder
Salt.

Melt the dripping in a saucepan. Chop the onion and apple and fry them in the dripping for a few minutes. Stir in the flour, curry powder and crumbled OXO cube. Add the cold water gradually and stir until the sauce thickens. Season with salt and allow to simmer for ½ hour. Add the meat cut in slices or small pieces. Heat very gently for a further ½ hour without boiling. Serve with plenty of boiled rice and apple or green tomato chutney.

9

DEVILLED BEEF AND CARROTS *(3 Servings)*

1 OXO cube
½ lb. stewing beef
1 oz. flour
2 teaspoonsful Worcester sauce
Lemon juice
½ pint water
1 lb. carrots
1 onion
2 teaspoonsful mushroom ketchup
Salt and cayenne pepper
1 oz. dripping.

Cut the meat into thin pieces. Sprinkle with lemon juice, salt and pepper and arrange in a fire-proof casserole or pie dish. Peel and slice the vegetables. Melt the fat in a saucepan, fry the vegetables for 5 minutes, then transfer them to the casserole. Blend the flour with the remaining fat in the pan, add the crumbled OXO cube and the cold water. Stir until the sauce thickens. Season with salt and pepper, add the Worcester sauce and ketchup and pour over the meat and vegetables. Cover, and cook in a moderate oven about 1¼ hours. Serve with horse-radish cream and plenty of mashed potatoes.

10

OXO DUMPLINGS *(4 Servings)*

2 OXO cubes
2 ozs. breadcrumbs
1 large egg
½ lb. finely minced meat
½ teaspoonful mixed herbs
Nutmeg
Salt and pepper.

Pour 1 pint of water into a saucepan. Dissolve the OXO cubes in this and bring to the boil. Mix together the meat, crumbs, herbs and a grating of nutmeg. Season well and bind with beaten egg. The mixture must not be too wet nor yet too dry. Form into medium-sized balls, drop them into the boiling OXO stock and simmer gently 20 to 30 minutes. Remove the dumplings, drain carefully and place on a hot dish. Thicken the stock and pour round.

11

SAVOURY DUMPLINGS *(6-8 Dumplings)*

2 OXO cubes
6 ozs. cooked fat meat
1 teaspoonful chopped parsley or
½ teaspoonful mixed herbs
½ teaspoonful salt
8 ozs. flour
Pepper.

Dissolve 1 OXO cube in ½ cupful of hot water and leave until cold. Chop the meat finely, add parsley and seasonings and mix thoroughly with the flour. If the meat is very lean, add a dessertspoonful of finely chopped suet. Mix to a stiff paste with the cold OXO stock. Form into dumplings, flour and drop into a saucepan of rapidly boiling stock made from 1 quart water in which an OXO cube has been dissolved. Simmer for 1 hour. Thicken some of the stock, and serve as a gravy with the dumplings. Use remainder of stock, if any, for soup.

12

HAM AND RABBIT PIE *(4-6 Servings)*

1 OXO cube
1 young rabbit
½ pint water
½ lb. short or flaky pastry
1 teaspoonful chopped parsley
¼ lb. cooked fat pork or bacon
1 small onion
Salt and pepper.

Cut the rabbit into small joints and soak in cold salted water 1½ hours. Dry. Cut the pork into neat pieces. Arrange rabbit and pork in a greased pie dish. Sprinkle with parsley, finely chopped onion, salt and pepper. Add the OXO cube dissolved in boiling water. Cover with pastry, place in a hot oven for 15 minutes, reduce heat and continue baking 1¼ hours. If the pastry is likely to become too brown, place a sheet of greased paper over it.

13

HARICOT MUTTON *(5-6 Servings)*

1 OXO cube
1 oz. dripping
2 ozs. haricot beans
1 lb. lean mutton
Small onion, carrot and turnip
Salt and pepper
1 oz. flour.

Divide the meat into pieces. Fry in dripping until brown and remove from the pan. Cut the vegetables into pieces and brown them slowly. Add flour and stir until it is absorbed by the fat. Dissolve the OXO cube in ¾ pint water, pour into the saucepan, bring to the boil and skim. Add the meat and beans (previously soaked). Cover and simmer for 2 hours. Serve sprinkled with chopped parsley.

14

HARICOT OXTAIL *(4-6 Servings)*

1 OXO cube
1 oxtail
1 oz. flour
1 onion
4 ozs. haricot beans
1 pint water
2 ozs. dripping
Parsley, 2 cloves and a bay leaf
Salt and pepper.

Soak the beans overnight. Wash and dry the tail and cut into pieces of suitable size. Peel and slice the onion. Melt the dripping in a pan, fry the pieces of tail until brown, then lift out and fry the onion. Stir in the flour, add the crumbled OXO cube, the herbs, 1 teaspoonful of salt and the water. Stir until boiling. Replace the pieces of tail, add the drained beans and simmer gently for 2½ hours. Add a little lemon juice to the gravy before serving and garnish the dish with cooked carrots and turnip.

15

HOT-POT *(5-6 Servings)*

1 OXO cube
1 lb. lean beef or mutton
Parsnips, celery or carrot
Water
2 or 3 onions
1 lb. potatoes
2 teaspoonsful flour
Salt and pepper.

Wipe the meat and cut it into neat pieces. Season the flour with salt and pepper and dip each piece of meat into it. Arrange the meat and sliced vegetables in layers in a fire-proof dish. Dissolve the OXO cube in sufficient water to reach half-way up the dish and pour it over the meat. Cover with sliced potatoes, sprinkle with salt and put small pats of dripping on top. Cover, and bake in a moderate oven 2 to 2½ hours. 20 minutes before serving remove the lid and let the potatoes brown.

16

JELLIED MEAT LOAF *(4-6 Servings)*

2 OXO cubes
1 pint boiling water
½ cup green peas
½ cup cold water
2 small tablespoonsful gelatine
4 cups chopped cooked meat
2 hard-boiled eggs
Salt and pepper to taste.

Dissolve OXO in boiling water. Chop and add meat and eggs. Season. Dissolve gelatine and stir into the mixture. When cool pour a little liquid into bottom of mould rinsed in cold water. Decorate with peas. Add a little more liquid and allow to set. Stir and pour in the mixture. Chill until firm. Turn out, and garnish with salad plants.

17

MEAT FRITTERS *(3-4 Servings)*

1 OXO cube
2 ozs. flour
Some slices of cold cooked meat
Pinch of salt
½ gill hot water
1 dessertspoonful salad oil
1 white of egg.

Dissolve the OXO cube in the water and let it stand until tepid. Sieve the flour and salt into a basin. Add the oil and tepid OXO stock and mix to a smooth batter. Whip the egg white stiffly and fold it into the batter. Have ready a pan of hot fat. Rub the slices of meat with salt and pepper, dip them in the batter and drop into the fat just before it begins to smoke. Fry a golden brown, drain and serve with a garnish of parsley.

18

MEAT LOAF *(5-6 Servings)*

2 OXO cubes
¼ lb. brown bread
½ teaspoonful salt
Sauce or relish
1 lb. mixed raw meats
1 onion
Pepper
1 cupful hot water.

Mince together the meat, bread and onion. Add salt, pepper and a dash of relish. Dissolve the OXO cubes in the water, and with this blend all the ingredients together. The mixture should be of a rather soft consistency. Bake in a greased shallow tin in a moderate oven about 1 hour. Serve hot or cold with a suitable sauce.

19

MINCE WITH LENTILS *(4-6 Servings)*

1 lb. minced meat
¼ lb. lentils
1 oz. dripping
½ pint water
1 OXO cube
1 small onion
1 dessertspoonful flour
Pepper and salt.

Soak the lentils overnight. Heat the dripping in a saucepan, and in it fry the chopped onion for a few minutes. Add the meat and drained lentils and brown them. Sprinkle in the flour and mix well. Dissolve the OXO in water, pour it over the meat and bring slowly to boiling-point. Skim if necessary. Simmer gently about 1 hour. Serve with fried bread or in a border of cooked spaghetti.

20

OVEN MEAT STEW *(3 Servings)*

1 OXO cube
½ lb. stewing steak or beef pieces
2 onions
2 carrots
4 ozs. macaroni
1 pint water
1 oz. dripping
2 cloves
1 turnip or swede
Salt and pepper.

Dissolve the OXO cube in the water. Cut the meat and vegetables in pieces and break up the macaroni into 2-inch sticks. Melt the dripping in a frying pan, fry the onion and then the meat, until slightly brown. Sprinkle with flour and turn into a casserole or pie dish. Add the vegetables and macaroni, season, and pour over the OXO stock. Cover, and cook in a slow oven 1½ hours. Serve with grated horse-radish.

21

RAGOUT OF RABBIT *(4-5 Servings)*

1 OXO cube
1 rabbit
2 ozs. dripping
1 pint water
2 or 3 rashers streaky bacon
1½ ozs. flour
2 carrots
1 turnip
Salt and pepper.

Wash, dry and joint the rabbit. Cut the bacon and vegetables into small pieces. Fry the rabbit in the melted dripping until nicely browned. Remove from the pan and keep hot. Fry the onion slightly, stir in the flour and cook until well browned. Add the OXO dissolved in 1 pint of hot water, and bring to boiling-point. Put in the carrots, turnip, bacon, and salt and pepper to taste. Replace the rabbit, cover and cook gently about 2 hours.

22

SAVOURY ROLY-POLY *(3 Servings)*

2 OXO cubes
4 ozs. fresh minced meat
8 ozs. suet pastry
Water
Pepper and salt.

Make the pastry and roll to an oblong shape. Dissolve one OXO cube in 2 tablespoonsful water. Season the meat well and moisten it with the OXO essence. Spread the meat on the pastry, damp the edges and roll up. Tie in a pudding cloth. Boil 2 hours. Serve with thickened gravy made with the remaining OXO cube.

23

SAVOURY TURNOVERS *(6 Large Turnovers)*

1 OXO cube
1 onion
A few cooked or canned peas
½ lb. cooked meat
1 tomato
Chopped parsley
¾ lb. pastry
Salt and pepper.

Mince the meat, onion and tomato together. Add the parsley and peas, season well and moisten with the OXO cube dissolved in 2 tablespoonsful hot water. Divide the pastry into 6 portions, roll each into an oblong. Place a heaped tablespoonful of the meat mixture on each, damp the edges, fold over, seal the edges, score the top with a knife and bake in a hot oven ½ hour.

24

SEA PIE *(6-8 Servings)*

1 OXO cube
1 large carrot, onion and turnip
1 lb. meat
8 ozs. suet pastry
Salt and pepper.

Cut the meat in neat pieces and the vegetables in dice. Put the meat and vegetables in layers in a fairly large saucepan. Sprinkle each layer with salt and pepper. Cover with hot water in which the OXO cube has been dissolved, and bring to boiling-point. Prepare the suet pastry, roll to a round a little smaller than the saucepan and place it over the meat. Cover the pan and simmer for 2 to 2½ hours. To serve, lift off the crust, cut it in 6 or 8 pieces. Place the meat and vegetables in the centre of a dish, pour over the gravy and arrange the crust round. Garnish with parsley.

25

SHEPHERDESS PIE *(6-8 Servings)*

2 OXO cubes
¼ lb. butter or haricot beans
Pepper and salt.
1 lb. cooked meat
2–3 tomatoes
1½ lbs. potatoes

Soak the beans and cook them in boiling salted water 1½ hours. Drain well and use ¼ pint of the liquid to dissolve the OXO cubes. Mince the meat and beans together. Season well, moisten with the OXO stock and place half the mixture in the bottom of a pie dish. Cover with a layer of sliced tomato, then with the remaining meat mixture and lastly with nicely mashed potatoes. Mark with a fork, dot with margarine or dripping and bake in a moderate oven 30 minutes, when the top should be golden brown.

26

STUFFED BREAST OF MUTTON *(8-10 Servings)*

1 breast of mutton (boned)
8 tablespoonsful breadcrumbs
2 tablespoonsful finely chopped suet
1 lemon
2 OXO cubes
2 teaspoonsful chopped parsley
1 teaspoonful mixed herbs
1 small egg
Pepper and salt.

Flatten the meat and season it well. Mix together the breadcrumbs, suet, parsley, herbs and grated lemon rind. Season and bind with beaten egg. Spread the forcemeat on the meat, roll up tightly and secure with string. Dissolve the OXO in 2 pints water. When boiling put in the meat and simmer gently for 2 hours. When cooked, remove the string and serve with thickened gravy made from the OXO stock. Use any remaining stock for soup.

27

STUFFED MARROW *(4-5 Servings)*

1 OXO cube
½ lb. raw minced meat
1 small onion
2 ozs. breadcrumbs
1 oz. dripping
1 vegetable marrow
4 ozs. medium oatmeal
1 teaspoonful chopped parsley
1 teaspoonful Worcester sauce
Salt and pepper.

Spread the oatmeal on a tray and bake in a moderate oven 10 or 15 minutes. Melt the dripping in a saucepan and fry the finely chopped onion. Add the OXO cube dissolved in ½ pint boiling water. Sprinkle in the oatmeal and boil 5 minutes. Add the meat, with seasoning to taste. Simmer gently ¾ hour. Cut the marrow into 2-inch slices. Peel and remove the seeds. Steam until slightly soft. To the meat mixture add sauce, chopped parsley and sufficient breadcrumbs to bind to a fairly stiff consistency. Stuff the marrow rings with this, place in a greased fire-proof dish. Cover the top with greased paper and bake in a hot oven 10 minutes. Serve with tomato sauce.

28

TURKISH PILAU *(4-5 Servings)*

2 OXO cubes
1 small onion
Tomato sauce or puree
4 ozs. rice
½ lb. cooked meat
Browned crumbs
Pepper and salt.

Cook the rice in boiling salted water 20 minutes. Strain, and dissolve the OXO cubes in ¼ pint of the liquid. Mince the meat and onion, season and mix with it a dessertspoonful of tomato sauce and the OXO stock. Place a layer of rice in the bottom of a fire-proof dish. Cover with the meat mixture and then with the remaining rice. Sprinkle with crumbs, dot with fat and bake 30 minutes in a moderately hot oven.

29

CURRIED EGGS *(3-4 Servings)*

1 OXO cube
1 oz. dripping
1 heaped tablespoonful ground rice or flour
1 heaped tablespoonful curry powder
1 apple or tomato
4 hard-boiled eggs
1 pint cold water
1 onion
Salt
4 ozs. rice.

Melt the dripping in a saucepan. Chop the onion and apple and fry them in the dripping for a few minutes. Stir in the flour, curry powder and crumbled OXO cube. Add the cold water gradually and stir until the sauce thickens. Season with salt and simmer $\frac{3}{4}$ hour. Shell the eggs and cut each into four pieces. Heat them carefully in the sauce for 10 minutes. Dish with a border of cooked rice and garnish with parsley, slices of lemon or chili skins.

30

SAUSAGE AND BEAN HOT-POT *(3-4 Servings)*

1 OXO cube
¼ lb. haricot beans
Potatoes
½ lb. sausages
1 oz. margarine
1 oz. flour
Pepper and salt.

Soak the beans overnight. Simmer them gently in salted water for $1\frac{1}{2}$ hours. Strain and dissolve the OXO cube in $\frac{1}{2}$ pint of the liquid. Make a sauce with the margarine, flour and OXO stock, season and add the cooked beans to it. Split the sausages in half and arrange them in the bottom of a large pie dish. Add the beans and sauce. Cover with an overlapping layer of thinly sliced raw potatoes. Dot with fat and bake in a hot oven 1 hour.

31

SAVOURY POTATOES

2 OXO cubes
3 cups sliced raw potatoes
1 tablespoonful dripping
1 pint boiling water
2 tablespoonsful diced bacon
1 tablespoonful flour
Salt and pepper to taste.

Cook the bacon in a saucepan until the fat runs freely. Add the dripping and flour, and when slightly brown stir in the OXO dissolved in the boiling water. Add potatoes. Cover, and cook for 10 minutes, then season to taste with salt and pepper and simmer until the potatoes are soft.

32

SCOTCH CURRIED ROE *(2 Servings)*

1 OXO cube
1 oz. flour
1 oz. butter
1 small apple
6 ozs. boiled cod's roe
1 dessertspoonful curry powder
1 small peeled onion
1 pint boiling water.

Melt butter in a saucepan. Add minced onion. Fry till light brown. Stir in curry powder. Cook 5 minutes, stirring slowly. Dissolve OXO cube in water and stir gradually into mixture. Add peeled and chopped apple. Cook slowly until apple is tender. Add sliced roe and reheat. Serve in centre of hot dish in a border of boiled rice.

33

STUFFED POTATOES

1 large, well-shaped potato for each person
¼ oz. margarine
½ oz. grated cheese
½ OXO cube } *to each potato.*
A little milk
Salt and pepper.

Scrub the potatoes and bake in their jackets. When cooked, cut a thin slice from the top of each. Scoop out the centres into a bowl. Mash well with a fork, then add the finely crumbled OXO cube, margarine, cheese, salt and pepper to season and sufficient milk to make the mixture fluffy. Beat well, refill the potato cases and return them to the oven or under the grill to brown the tops.

34

VEGETABLE CASSEROLE *(4 Servings)*

1 OXO cube
3 large potatoes
½ lb. tomatoes
1 rasher of fat bacon
6 ozs. haricot beans, cooked
2 large onions
1 oz. dripping
Salt and pepper.

Chop the onions finely, cut the potatoes and tomatoes into slices, and the rasher into dice. Put the dripping and bacon into a casserole or fire-proof dish; add the vegetables, put on the lid and let them simmer for 5 minutes to develop the flavour. Season with salt and pepper. Dissolve the OXO cube in ½ cupful of water in which the beans were cooked and pour this over the vegetables. Cover, and cook in a moderate oven about 1 hour or until the potatoes are tender. Serve as a separate course or as an accompaniment to cold meat.

35

VEGETABLE PIE *(3-4 Servings)*

1 OXO cube
1 onion
1 stick celery
¼ lb. butter beans
1 carrot
Few tomatoes or mushrooms
6 ozs. short crust pastry.

Soak the beans overnight. Cut the onions, carrot and celery into pieces. Dissolve the OXO cube in ¾ pint water. Season the vegetables and simmer them gently in the OXO stock until three-parts cooked. Transfer to a pie dish, add the tomatoes or mushrooms, half fill the dish with stock and cover with pastry. Bake in a hot oven 30 minutes.

36

WINDSOR SAUSAGE MASH *(3-4 Servings)*

1 OXO cube
1 lb. sausages
½ pint boiling water
1½ lbs. potatoes
Cornflour
2 or 3 tablespoonsful hot milk
½ tablespoonful bacon or sausage fat
Salt and pepper to taste.

Peel, boil and mash potatoes. Season, add hot milk and fat. Beat until fluffy. Meanwhile, cook sausages gently in boiling water in a frying pan. Take them out and skin carefully. Leave ½ pint of water in the frying pan, and dissolve an OXO cube in it. Lay sausages in, and simmer 5 minutes. Pile potatoes in centre of hot dish. Arrange sausages round. Thicken gravy with cornflour, season, and pour round potatoes and sausages.

37

MACARONI CHEESE *(3-4 Servings)*

1 OXO cube
2 ozs. grated cheese
1 dessertspoonful flour
3 ozs. macaroni
1 oz. margarine or dripping
Salt and pepper.

Cook the macaroni 40 minutes in boiling salted water. Drain, and dissolve the OXO cube in a cupful of the liquid. Melt the fat in the saucepan, stir in the flour and then the OXO stock. Stir until the sauce thickens, add the macaroni and half the cheese and seasoning to taste. Turn into a fire-proof dish. Sprinkle remaining cheese on top and brown under a hot grill. Serve with triangles of toast.

38

OXO ROLLS *(10-12 Rolls)*

OXO essence
¼ cup lard
¼ teaspoonful baking powder
½ tablespoonful lemon juice
Cayenne pepper
1¼ cups flour
¼ cup margarine
Pinch salt
1 egg white
Grated cheese.

Prepare essence by dissolving 2 OXO cubes in dessertspoonful boiling water. Stir until smooth. Rub fat into flour, salt and baking-powder. Make into soft dough with lemon juice and cold water. Roll and fold three times. Cut into strips $1\frac{1}{4} \times 2\frac{1}{2}$ inches. Spread thinly with essence. Sprinkle with grated cheese and pepper. Roll up and brush with egg white. Bake in hot oven 15 minutes.

39

OXO SCRAMBLE *(3 Servings)*

1 OXO cube
1 tablespoonful milk
Pepper and salt
3 eggs
Knob of margarine
3 slices toast.

Put the milk in a saucepan and dissolve the OXO cube in it. Add the margarine, eggs, pepper and very little salt. Stir until the mixture is thick and creamy. Pile on hot toast.

40

SAVOURY PANCAKES *(approx. 6 according to size)*

1 OXO cube
4 ozs. flour
1 egg
½ pint milk
Fat for frying
Salt and pepper
½ lb. cold cooked meat
1 teaspoonful chopped parsley or herbs
1 tablespoonful breadcrumbs.

Sieve the flour and a pinch of salt into a basin. Make a well in the centre of the flour, drop the egg into it and gradually add half the milk, stirring in the flour from the sides until the batter is smooth. Beat well, add remainder of the milk and allow the batter to stand for a while. Mince or chop the meat, add herbs, breadcrumbs and seasoning and moisten with the OXO dissolved in half a cupful of hot water. Heat gently. Fry the pancakes, and as each one is cooked place a spoonful of the meat mixture in the centre, fold in three and keep hot. Serve with a thick OXO gravy.

41

PEANUT SPREAD

1 OXO cube to *1 oz. margarine*
1 oz. salted peanuts.

Chop the peanuts very fine. Crumble the OXO cube and work it into the margarine until thoroughly blended. Then add the nuts and blend again. Use the spread on thin slices of bread or on rye biscuits.

42

FRENCH FRIED SANDWICHES

½ OXO cube
½ oz. margarine
1 teaspoonful grated cheese } *to 2 rounds of bread.*
Frying fat
Tomato sauce.

Crumble the OXO cube and blend it thoroughly with the margarine and grated cheese. Spread on rounds of stale bread and press together firmly. Cut each sandwich in half or quarter, but not to cut off the crust. Fry golden brown in shallow fat and serve hot with tomato sauce.

NOTE: Left-over sandwiches can be treated in this way.

43

OXO AND EGG SANDWICHES

1 OXO cube
Bread
to 1 oz. margarine
Hard-boiled eggs
Salt and pepper.

Prepare slices of bread and OXO butter as above. Shell the eggs, chop them finely, spread a thick layer of egg on one side of the sandwich, season with salt and pepper and cover with another slice of bread.

44

PIQUANT SANDWICHES

1 OXO cube
Lettuce
Bread
to 1 oz. margarine
Chopped gherkins
Salt.

Crumble the OXO cube, and with a knife blend it thoroughly with the margarine. Spread thin slices of bread with the mixture. Cover one slice with washed, dried and shredded lettuce, sprinkle with salt and chopped gherkins and complete the sandwich.

45

TOASTED SANDWICHES

½ OXO cube
½ oz. margarine
2 rounds toast
2 small tomatoes
1 teaspoonful grated cheese
Salt and pepper

to each sandwich.

Crumble the half OXO cube and blend it with a knife into the margarine. Spread each piece of toast with the prepared margarine. Keep one piece hot and cover the other completely with sliced tomato. Sprinkle with salt, pepper and grated cheese. Replace under the grill for 5 minutes. Place the second slice of toast on top and serve cut in four with a garnish of parsley or watercress.

46

WATERCRESS SANDWICHES

1 OXO cube
Bread

to 1 oz. margarine
Watercress
Salt.

Crumble the OXO cube, and using a knife blend it thoroughly with the margarine. Spread thin slices of bread liberally with this mixture. Place a layer of washed and chopped watercress on one slice, sprinkle with very little salt and cover with another slice of prepared bread.

47

FRENCH ONION SOUP *(6-8 Servings)*

4 OXO cubes
1 quart water
2 ozs. grated cheese
1 lb. onions
1 oz. margarine or dripping
Salt and pepper
Toast.

Slice the onions and fry them in the fat until slightly brown. Add water and OXO cubes. Stir until they are dissolved, bring the soup slowly to boiling point and skim. Simmer 20 minutes. Season, pour into hot soup bowls, sprinkle with grated cheese and serve with toast.

48

VEGETABLE BROTH *(6 Servings)*

2 OXO cubes
2 tablespoonsful rice
A few peas if available
1 teaspoonful salt
1 quart water
1 each, carrot, turnip and onion
1 oz. dripping
Pepper.

Wash and peel the vegetables and cut them in small dice. Melt the dripping in a saucepan, fry the prepared vegetables until they begin to brown. Add the crumbled OXO cubes, water and salt, and stir until the OXO dissolves. Bring to the boil and simmer for half-an-hour, then add the rice and simmer a further 25 minutes. Season with pepper before serving.

49

STUFFED EGGS

3 hard boiled eggs
1 oz. margarine
Salt and pepper
2 OXO cubes
2 ozs. grated cheese
Salad plants.

Shell the eggs and cut them in half; cut a small piece from the base of each half, if necessary, to enable them to stand firmly. Put yolks into a basin with the cheese, margarine and crumbled OXO cubes dissolved in a tablespoonful of boiling water. Pound together until thoroughly mixed. Season to taste. Pile or force the mixture into the egg whites. Dish on a bed of salad.

50

RUSSIAN SALAD MOULD *(4 Servings)*

1 OXO cube
1 oz. powdered gelatine
1 teaspoonful lemon juice
Salt and pepper
1 cup diced cooked vegetables or a small can vegetable macedoine
1 teaspoonful Worcester sauce
1 pint hot water.

Dissolve the OXO and gelatine in the hot water. Add the very well drained diced vegetables, the sauce, lemon juice, and salt and pepper to taste. The jelly must be well seasoned. Stir occasionally to distribute the vegetables, and when the jelly is cold, but not set, pour into a rinsed mould and finish setting. Turn out and serve with cold meat.

51

OXO MAYONNAISE

1 OXO cube
1 oz. flour
1 yoke of egg
3 tablespoonsful vinegar
1 oz. margarine
1 pint milk
½ teaspoonful made mustard
1 teaspoonful lemon juice
Pepper and salt.

Dissolve the OXO cube in very little boiling water and make up to 1 pint with milk. Melt the fat in a saucepan, stir in the flour, cook for 2 minutes then add the liquid, gradually. Stir until it boils, and cook 3 minutes. Cool slightly, beat in the egg yoke and add vinegar, lemon juice, mustard and seasoning to taste. Bottle when cold.

52

HORS D'ŒUVRE MOULDS *(5 moulds)*

2 OXO cubes
¾ oz. powdered gelatine
1 teaspoonful lemon juice
1 hard-boiled egg
2 gherkins or pieces of pickle
¾ pint hot water
1 tablespoonful vinegar
1 teaspoonful Worcester sauce
1 tablespoonful chopped ham
Salt and pepper.

Dissolve the OXO cubes and gelatine in hot water. Add the remaining ingredients and seasoning to taste. Leave until cold but not set. Stir occasionally. Pour into wet dariole moulds or cups. Leave to set. Turn out and serve with radishes, potato salad or small cress.

53

SUMMER SOUP *(3 Servings)*

1 OXO cube
2 or 3 tomatoes
1 teaspoonful grated onion
1 pint water
1 bay leaf
Salt and pepper
Grating of nutmeg.

Heat the water and dissolve the OXO cube in it. Add the tomatoes cut in quarters and the remaining ingredients with seasoning to taste. Bring to the boil, simmer very gently for 20 minutes, strain and serve at once. If desired, this soup can be served cold.

54

OXO RAREBIT *(3 Servings)*

1 OXO cube
1 oz. breadcrumbs
½ oz. margarine
4 ozs. grated cheese
3 tablespoonsful milk
3 rounds of toast
Salt and cayenne pepper.

Put the milk in a saucepan, heat it and dissolve the OXO cube in it. Add the remaining ingredients, season well and heat until the cheese has melted. Spread on hot toast, brown under the grill, garnish with parsley and serve very hot. The breadcrumbs may be omitted if desired.

55

SPAGHETTI VOLONNAISE

¼ *lb. spaghetti*
2 or 3 tomatoes
2 ozs. grated cheese
1 oz. dripping
1 onion, chopped
4 ozs. cooked meat
1 teaspoonful chopped parsley
Salt and pepper.

Brown Sauce

1 OXO cube
1 oz. margarine
½ *pint spaghetti stock*
1 oz. flour.

Cook the spaghetti in boiling salted water, strain and reserve the liquid. Fry the onion and tomatoes in dripping until brown. Add the meat, cheese, spaghetti and parsley. Season well, reheat and serve with a thick brown sauce poured round. To make the sauce, melt the margarine in a saucepan, stir in the flour, cook 3 minutes then add spaghetti stock in which the OXO cube has been dissolved. Bring to the boil, stirring all the time.

56

LENOXO CUTLETS *(6 Cutlets)*

4 ozs. lentils
½ *pint water*
½ *oz. dripping*
1 oz. breadcrumbs
¼ *teaspoonful mixed herbs*
2 OXO cubes
1 bay leaf
1 oz. grated cheese
1 teaspoonful chopped parsley
1 yolk of egg
Salt and pepper.

Dissolve the OXO cubes in the water and simmer the lentils gently in this stock with the bay leaf for about 1 hour, when they should be quite soft and the liquid absorbed. Beat in the dripping, cheese, crumbs, parsley and herbs. Bind with beaten egg yolk. Season well, spread on a plate, and when cold form into cutlets. Coat with flour or egg and crumbs and fry in hot fat.

57

TOMATOES WITH SAVOURY RICE *(3 Servings)*

6 ozs. rice
2 slices of bacon
Salt and pepper
1 pint water
3 OXO cubes
1 oz. grated cheese
1 large onion
3 or 4 tomatoes.

Dissolve the OXO cubes in 1 pint boiling water. Cut the bacon in small pieces and fry in a saucepan. Add chopped onion and fry golden brown. Add the washed rice and OXO stock. Simmer for 20 to 25 minutes. Season well and serve hot, surrounded by halves of baked or grilled tomatoes.

58

POTATO SOUFFLE *(3-4 Servings)*

2 OXO cubes
1 lb. cooked potatoes
¼ pint milk
1 teaspoonful Worcester sauce
1 egg
½ oz. margarine
½ teaspoonful baking powder
Salt and pepper.

Thoroughly mash the potatoes while they are hot. Add margarine, sauce and the OXO cubes dissolved in the heated milk. Beat in the yolk of egg and season well. Whip up the egg white until it is stiff, and fold it into the potato mixture with the baking powder. Turn at once into a greased and floured pie dish, and bake in a moderately hot oven about 35 minutes. Serve at once.

59

BREAKFAST DISH

1 OXO cube
2 slices stale bread ½ inch thick
1 egg
Sausages or tomatoes
Salt and pepper.

Dissolve the OXO cube in 2 tablespoonsful boiling water and mix it with the well-beaten and seasoned egg. Cut each slice of bread into four pieces, soak lightly in the egg and fry quickly in smoking hot fat. Serve with sausages or tomatoes, which may be cooked in the same pan.

60

POTATO STUFFING

1 lb. cooked potatoes
1½ ozs. margarine or dripping
1 teaspoonful chopped parsley, heaped
2 OXO cubes
½ teaspoonful mixed herbs
1 teaspoonful grated onion
3 tablespoonsful milk
Salt and pepper.

Thoroughly mash the potatoes. Heat the milk and dissolve in it the crumbled OXO cubes. Add all the ingredients to the mashed potatoes, mix well and use for stuffing fish, meat, poultry and game.

Moonlight nights and Oxo suppers

One of the biggest bogies that civilians have to face is the blackout. It has meant a considerable curtailment of movement after dusk, and as a result many people are becoming almost confirmed "stay-at-homes." The difficulties and dangers of walking in the pitch dark cannot be denied. On the other hand, changes of environment and seeing new faces are a tonic that benefits everyone—particularly the busy housewife who is tied to the home all day.

To get about safely in the evenings, there must be light, and the moon is by far the finest torch you could have. It is astonishing how much light it gives; as a matter of interest, this particular page was written by moonlight with perfect ease.

Choose these moonlight nights for getting about to see your friends and for inviting them to come and visit you. The change will do a world of good towards defeating any depression that the blackout brings.

And remember that OXO is invaluable for preparing tasty suppers and snacks late at night or at short notice.

The following table shows when the moon shines brightest:

MOONLIGHT PERIOD	1940-1	FULL MOON
June 12 to 20		June 19
July 13 to 21		July 19
August 12 to 22		August 17
September 10 to 22		September 16
October 9 to 21		October 16
November 7 to 19		November 15
December 6 to 18		December 14
January 5 to 16		January 13
February 3 to 14		February 12
March 4 to 14		March 13
April 3 to 11		April 11
May 2 to 11		May 11
June 2 to 10		June 9

Oxo is very good for Children. A cup before going to bed makes them sleep soundly.

SOLDIERS—sailors—airmen—they all like OXO. It frequently happens that their duties make regular meals impossible; they will certainly bless your forethought in slipping a tin or two of OXO cubes into the parcels you regularly send them. OXO can be made in a jiffy—hot water and a mug or mess tin—and there is an invigorating drink that warms and nourishes, tiding over the time until the usual rations come up. Over a hundred million OXO cubes were officially requisitioned for use by the British Forces in the last war, figures which support the claim that OXO is the perfect food reserve.

On the home front, too, OXO plays its part. Volunteers in the Civil Defence Services find that a cup of hot OXO in the canteen before or after going on duty goes a long way towards promoting warmth and vitality. And since OXO keeps hot perfectly in a thermos, it is a welcome drink to Air Raid Wardens on night duty in their

Wardens' Posts, and also to greet the tired worker on his return home, chasing away fatigue and strain.

Remember, whether in uniform or not, we are all fighting to win the war. The fitter we keep, the more decisive will be our efforts. OXO, with its wonderful vitalising powers, promotes a sturdy constitution and enables us to carry on in our daily life with vigour and cheerfulness.

LUND HUMPHRIES

PHOTOGRAPH OF HEREFORD BULL ON COVER BY COURTESY OF G. S. McCANN, A.R.P.S.

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